

Daily Affirmations- December 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

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| Fri | Dec | 1 st | God will use this for good. |
| Sat | Dec | 2 nd | Be the change you want to see. |
| Sun | Dec | 3 rd | I will think positive thoughts. |
| Mon | Dec | 4 th | I am worth it. |
| Tue | Dec | 5 th | Even if I fall, I will just get up again. |
| Wed | Dec | 6 th | Keep it simple, focus on one change at a time. |
| Thu | Dec | 7 th | Life isn't about the number of breaths you take but about the moments |
| Fri | Dec | 8 th | Never give up!!! |
| Sat | Dec | 9 th | I am beautifully and wonderfully made. I am love. |
| Sun | Dec | 10 th | The consequences of my actions teach me the true meaning of |
| Mon | Dec | 11 th | Love the life you live. |
| Tue | Dec | 12 th | Imperfection is beauty. |
| Wed | Dec | 13 th | Proper Preparation Prevents Poor Performance. |
| Thu | Dec | 14 th | It is my responsibility to take the initiative to prepare. |
| Fri | Dec | 15 th | I can. I will. |
| Sat | Dec | 16 th | One day at a time. One decision at a time. |
| Sun | Dec | 17 th | Just when the caterpillar thought life was over, it became a butterfly. |
| Mon | Dec | 18 th | Be who you think you are, not who you think people want you to be. |
| Tue | Dec | 19 th | I think, therefore I am. |
| Wed | Dec | 20 th | Stars cannot shine without darkness. |
| Thu | Dec | 21 st | God finds you worthy to love. You can love you too. |
| Fri | Dec | 22 nd | Seek the light. The smallest ray overcomes all darkness. |
| Sat | Dec | 23 rd | For everything there is a season. |
| Sun | Dec | 24 th | It takes both rain and sunshine to make a rainbow. |
| Mon | Dec | 25 th | It's a challenge to change yet change is always good! |
| Tue | Dec | 26 th | Everyone is someone special. |
| Wed | Dec | 27 th | Be the change you want to see in the world. |
| Thu | Dec | 28 th | Today is the first day of the rest of your life. |
| Fri | Dec | 29 th | In God, all things are possible! |
| Sat | Dec | 30 th | Faith without works is dead. |

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

“Be the change you wish to see in the world” - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.